

**AMENDMENTS TO THE CLAIMS:**

*The following listing of claims replaces all prior versions and listings of claims in this application.*

**LISTING OF CLAIMS:**

1. (Previously Presented) A mat comprising multiple filling chambers which are in parallel and adjacent to each other, wherein the multiple filling chambers are formed of flexible sheets, a gel-like heat medium is charged into the multiple filling chambers by inserting closely a bag having the heat medium charged therein into each of the multiple filling chambers and sealing the multiple filling chambers, and the multiple filling chambers are expanded by a pressure of the heat medium by providing embosses, each emboss being formed by bonding together predetermined regions of wall surfaces that form one of the multiple filling chambers, the predetermined wall surfaces being opposite to one another and in the vicinity of at least one end of the filling chamber.
2. (Canceled)
3. (Previously Presented) The mat as claimed in claim 1, wherein an emboss formed by bonding predetermined regions of wall surfaces forming the multiple filling chambers and opposite to each other is provided in the vicinity of at least one end of the multiple filling chambers.

4. (Previously Presented) The mat as claimed in claim 1, wherein the sheets forming the multiple filling chambers are a pair of opposite thermoplastic resin sheets which are heat-bonded along the contours of the multiple filling chambers to define the multiple filling chambers.

5. (Previously Presented) The mat as claimed in claim 1, wherein flexible fins are provided which are extended outwardly from at least part of the margins.

6. (Previously Presented) The mat as claimed in claim 1, wherein the heat medium is a warming material.

7. (Previously Presented) The mat as claimed in claim 1, wherein the heat medium is a cooling material.

8. (Previously Presented) The mat as claimed in claim 1, wherein the heat medium is a hydrogel.

9. (Canceled)

10. (Currently Amended) The mat as claimed in claim 15 ~~[[1]]~~, wherein the sheets forming the multiple filling chambers are a pair of opposite thermoplastic resin sheets which are heat-bonded along the contours of the multiple filling chambers to define the multiple filling chambers.

11. (Currently Amended) The mat as claimed in claim 15 ~~[[1]]~~, wherein flexible fins are provided which are extended outwardly from at least a part of margins.

12. (Currently Amended) The mat as claimed in claim 15 ~~[[1]]~~, wherein the heat medium is a warming material.

13. (Currently Amended) The mat as claimed in claim 15 ~~[[1]]~~, wherein the heat medium is a cooling material.

14. (Currently Amended) The mat as claimed in claim 15 ~~[[1]]~~, wherein the heat medium is a hydrogel.

15. (New) A mat comprising multiple filling chambers which are in parallel and adjacent to each other, wherein the multiple filling chambers are formed of flexible sheets, a gel-like heat medium is charged into the multiple filling chambers by inserting closely a bag having the heat medium charged therein into each of the multiple filling chambers and sealing the multiple filling chambers, and the multiple filling chambers are expanded by a pressure of the heat medium by providing embosses, each emboss being formed by bonding together predetermined regions of wall surfaces that form one of the multiple filling chambers so that the embossed portion is completely circumscribed by un-embossed portions of the wall surfaces, the predetermined wall surfaces being opposite to one another and in the vicinity of at least one end of the filling chamber.

16. (New) The mat as claimed in claim 15, wherein an emboss formed by bonding predetermined regions of wall surfaces forming the multiple filling chambers and opposite to each other is provided in the vicinity of at least one end of the multiple filling chambers.